



# VITAMIN BEE<sup>TM</sup> 5

## NUTRITION EDUCATION PROGRAM CELERY ANSWER KEY GRADE 5

### Answer Key

- |          |                |
|----------|----------------|
| 1. true  | 6. fiber       |
| 2. false | 7. digestive   |
| 3. true  | 8. stalks      |
| 4. false | 9. cholesterol |
| 5. false | 10. arthritis  |

Visit [www.vitaminbee.tv](http://www.vitaminbee.tv) for videos, games, activities, recipes and more!

1. Vitamin Bee loves celery!
2. Celery is Green in color.
3. Celery is a good low calorie snack.
4. Good source of fiber.
5. Fiber helps our digestive system work well.
6. Celery is made up of stick like stems called stalks.
7. You can fill celery sticks or stalks with peanut butter, almond butter or sunflower butter for a healthy snack.
8. If you put peanut butter on the celery and top with raisins, you'll have the snack "Ants on a Log."

## Other notable facts:

- One large stalk of celery is only 10 calories, which makes it a filling, yet a low-calorie snack.
- Research has shown that eating just 2 stalks a day can help reduce "bad" cholesterol (LDL-cholesterol).
- Celery's combination of high water content and fiber, gives it its crunch, which is the perfect combination for sweeping and washing the intestines to keep it healthy!
- Eating a celery snack at night may help you sleep better. Celery contains the mineral magnesium, which actually helps keep our nervous system calm.
- Celery contains "good" salt. Sodium is necessary for our bodies to function, but too much is not a good thing. The amount of sodium in celery is exactly what our body needs.
- The darker the color, the stronger the flavor!
- Celery is related to carrots.
- In Ancient Greece, athletic winners were presented with bunches of celery instead of flowers.
- During the Middle Ages, celery was used as a medicine to treat things like anxiety, insomnia, gout, and arthritis.
- Celery was not considered to be a food until it was used in Italian cooking during the 1600's.
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## recipes

**EASY**

- Crunch on them plain or dip into low fat dressing
- Fill the celery with peanut butter and top with raisins for “ants on a log”
- Chop up and add to salads or soups for a little more crunch
- Slice up with green apples and add a Dijon or Raspberry vinaigrette

**Celery & Carrots Side**

Sauté celery & carrots in 1/2 cup vegetable stock for about 12 minutes. Add a pinch of salt, then put on top of plain or flavored rice for a yummy side dish.

# Enjoy!

For more Healthy Recipe ideas, go to: [www.vitaminbee.tv/recipes](http://www.vitaminbee.tv/recipes)

# WHAT DO YOU REMEMBER?

CELERY



5

quiz

**Directions:** Circle the correct answer  
Use your knowledge about celery!

1. The darker the color, the stronger the flavor. (True, False)
2. Eating celery at night may help you sleep better because it contains the mineral sodium. (True, False)
3. In the past athletic winners were presented with celery instead of flowers. (True, False)
4. Because celery has a lot of sugar, it has a great crunch. (True, False)
5. Celery was not considered a food until the 1600's when it started to be used in Indian cooking. (True, False)

**Directions:** Fill in the blank with the correct answer. Use your knowledge about celery!

## WORD BANK

carrots      fiber      arthritis      stalks      calorie      digestive  
cholesterol      apples      vitamins      respiratory      roots      vision

6. Celery is a good source of \_\_\_\_\_.
7. We eat celery to help our \_\_\_\_\_ system process eaten foods.
8. Celery is made of stick like stems called \_\_\_\_\_.
9. Celery is considered a good low calorie snack and can be very beneficial in reducing "bad": \_\_\_\_\_.
10. In the Middle Ages, celery was used as a medicine to treat \_\_\_\_\_.

# WORD SEARCH

5

**Directions:** Circle the words hidden in the puzzle below.

D U M H J M K S T H A A L Z I O P Q M P  
S K G Q A R K S C E L E R Y J L I M S F  
P N B G Y L B N Z N H M A G N E S I U M  
E B M R A X U C H O L E S T E R O L G A  
N A R T H R I T I S F Z P C R B S X B G  
L W S P C T V R K C E E E P V A E H B O  
M K K N L T R Q O V L L A G O N T E O O  
J O K W E F I D I O W U N C U C I A S D  
Z Q T A S T Y T H U T G U W S I M L K X  
N U D D B O S B Z R S S T Z S E I T T Y  
Z M Y X J E Z G E Q G W B O Y N N H L S  
Q O Y I G H N B X E F Z U D S T E Y Z O  
J V T I T W I E E R V G T X T G R X Z D  
M L D G J F I I V L C T T S E R A M H I  
Q U G L K U R O T O P A E Z M E L L X U  
D A N T S O N A L O G B R L R E F L M M  
M K A R L Q P X G K Z O A R Z C T V H T  
M G R A X N G F W O L I C T O E R X A N  
Y R C Y Y H L I Z R E I I K Y T W B Z T  
Y X W X Q U V I T A M I N S D P S E Y V

## WORD BANK:

ANCIENT GREECE  
ANTS ON A LOG  
ARTHRITIS  
BEE  
CALORIE

CARROTS  
CELERY  
CHOLESTEROL  
CRUNCH  
DIGESTIVE

FIBER  
HEALTHY  
MAGNESIUM  
MINERAL  
NERVOUS SYSTEM

PEANUT BUTTER  
ROOTS  
SODIUM  
STALKS  
VITAMINS